

PAN-SEARED WALLEYE

Rather than the traditional deep fried walleye, Chef Kurt gives this fish a Mediterranean treatment. Pan-searing makes the fish delish. Add the sauce and crown with the sautéed vegetables for a truly memorable meal.

by Chef Kurt Kwiatkowski

Featured Food: Walleye

Yield: Serves 6

Ingredients

Topping for Fish:	Assembling and Cooking the Fish:
2 T. Olive Oil	2 fillets of Walleye Fish
2 T. Diced Shallots	1 t. Kosher Salt
½ c. Sliced Shiitake Mushrooms	½ t. Black Pepper
1 T. Minced Garlic	1 c. flour
2 c. Baby Spinach Leaves	Sauce
2 T. White Wine	1 T. Olive Oil
Zest of ½ Lemon	2 T. Diced Shallots
1 teaspoon Kosher Salt	2 T. Chopped Fresh Tarragon
	1 Whole Roasted Red Pepper
	½ c. White Wine Vinegar
	½ c. White Wine
	4 oz. (1 stick) Unsalted Butter
	Salt and pepper to Taste

Preparation

Toppings for Fish:

Warm olive oil in a medium pan over medium heat; add shallots and sweat for 2 minutes. Add mushrooms and sauté for four minutes. Then add garlic, spinach, and the white wine while sautéing for two minutes or until spinach has wilted and is cooked through but has not lost its bright green color. Add lemon zest and salt, then remove from heat and set aside.

Sauce:

Warm olive oil in a sauté pan over medium heat; add shallots and sweat* for one minute. Add tarragon, vinegar and wine. Bring mixture to a simmer. To make a reduction, cook until most of the liquid evaporates and there is only about four tablespoons of mixture remaining. Remove from heat.

Place roasted red pepper in blender, blend until fairly smooth. Add to reduction in sauté pan. Over medium heat, bring sauce to simmer. Add butter in one Tablespoon amounts. Remove from heat. Season with salt and pepper to taste.

Assembling and Cooking the Fish:

Lay out fish fillets meat side up. Sprinkle with salt, pepper and lemon juice. Cut each filet into three equal portions using a bias cut. Then lightly dredge each fillet into the flour on both sides, coating the fish.

Warm olive oil in a non-stick sauté pan over medium high heat. Place fish in the pan skin side down and cook for four minutes to sear and lightly brown. Turn and cook on other side for three to four minutes or until fish has started to flake apart.

Place 2 ounces of sauce on each plate. Place fish on the sauce with the skin side up. Spoon 2 tablespoons of the topping on the fish and serve.